

King County Health Reform Initiative 2006 Spouse/Partner Survey

Phone: (____) _____ - _____ Name: _____
Interviewer: _____ Gender: Male 1
Date: _____ Female 2

Hello, this is _____ with _____, a research firm in King County. I am calling on behalf of the King County Health Reform Initiative as part of a research study. For this study I need to speak with [READ SPOUSE/PARTNER'S NAME]. Would that be you?

CONTINUE -- Yes 1
ASK TO SPEAK TO PERSON/FOR TIME TO CALL BACK -- No 2
ASK TO SPEAK TO PERSON/FOR TIME TO CALL BACK -- DK/REF 3

[REPEAT FIRST PARAGRAPH IF NECESSARY.] I am calling strictly for research purposes. Your answers will be completely anonymous and confidential and will be used by King County to assess and improve the Health Reform Initiative. I was given your name and number only. I have no other information about you, and your name and number will not be linked to your answers or used in any data analysis. This is not a sales call, and no sales calls or solicitations will result from this call.

IF RESPONDENTS ASK: *The Health Reform Initiative was started in 2005 to improve the health of King County employees and their families and to reduce the rising trend in health care costs. The Initiative is an integrated approach to improve access for employees and their families to tools and resources that promote health, provide incentives for health, and foster a healthy workplace. The Health Reform Initiative includes the Healthy IncentivesSM Program, "Eat Smart, King County, Move More" programs, 24-hour nurseline, new quit tobacco benefits, and gym discounts..*

Respondents can contact Barnaby Dow in King County, 206-684-2062, with questions or to verify that the survey is being conducted on behalf of King County.

- A. First, to confirm, are you covered on your spouse or partner's King County health insurance benefits?

CONTINUE - Yes 1
THANK & TERMINATE - No 2
THANK & TERMINATE - DK/REF 3

1. Please tell me how useful each of the following is as a source of information about ways to reduce personal health risks and maintain healthy behaviors. Using a 5-point scale, where 5 means "Extremely useful," and 1 means "Not at all useful," Would you say the _____ is a 5, "Extremely useful," a 1, "Not at all useful," or some number in between? READ AND ROTATE.

	Not at all useful (1)	2	3	4	Extremely Useful (5)	Have not seen/ received	DK/ REF
Health Matters Newsletter	1	2	3	4	5	8	9
Health Reform Initiative Web Page (www.metrokc.gov/employees)	1	2	3	4	5	8	9
Global email messages about the Health Reform Initiative	1	2	3	4	5	8	9

2. Earlier this year, did you complete and return the wellness assessment questionnaire?

Yes 1
No 2
DK/REF 3

3. Are you participating in or did you complete an individual action plan as part of the 2006 King County Health Reform Initiative?

CONTINUE -- Yes 1
SKIP TO QUESTION 6 -- No 2
SKIP TO QUESTION 6 -- DK/REF 3

4. Which of the following did your individual action plan involve? READ FIRST TWO OPTIONS ONLY.

Filling out an activity log (Route 66 or Colorful Choices), or 1
Taking phone calls from a health coach 2
_____ Please specify. Other 3
DK/REF 4

5. Did participating in an individual action plan help you build or maintain healthy habits? Did it [READ LIST]:

Definitely help 5
Probably help 4
Maybe or maybe not help 3
Probably not help, or 2
Definitely not help build or maintain healthy habits 1
DO NOT READ -- DK/REF 6

6. Now I'm going to read a list of statements about health risks and healthy behaviors. Please tell me whether you strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree with each statement. First, [READ STATEMENT]. Do you strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree with this statement? READ AND ROTATE.

	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly agree (5)	DK/ REF (6)
I am very knowledgeable about my personal health risks.	1	2	3	4	5	6
I know what to do to reduce my personal health risks.	1	2	3	4	5	6
I know what to do to maintain healthy behaviors.	1	2	3	4	5	6
My choices in doctors and other health care providers affect health care costs.	1	2	3	4	5	6
It is easier to reduce my personal health risks than it was a year ago.	1	2	3	4	5	6

7. What would help you better manage your personal health risks and maintain healthy behaviors? IF NECESSARY, PROBE: Is there anything that would make it easier for you to manage your personal health risks, or that would make it easier to maintain healthy behaviors?

8. I'm going to read a series of statements about health care practices. Please tell me how often you do each one. First, how often do you _____? Would you say you do that all the time, frequently, occasionally, seldom, or never? READ AND ROTATE.

	All the time	Frequently	Occasionally	Seldom	Never	DK/REF
Prepare for a health care provider's visit by writing a list of your symptoms and questions	5	4	3	2	1	6
Take notes during the visit to be sure to remember important facts for later reference	5	4	3	2	1	6
Bring a list of your current medicines (both over-the-counter and prescription) and vitamins to a health care provider's appointment	5	4	3	2	1	6
Ask about the risks or whether options are available when your health care provider recommends a medical test or treatment	5	4	3	2	1	6
Ask whether there are less costly treatment options available that should be considered	5	4	3	2	1	6
Ask whether there are less costly drug options available that should be considered	5	4	3	2	1	6
Talk to your health care provider about sources of information you can use to educate yourself on your health problem	5	4	3	2	1	6
Talk to your health care provider about things you should do to improve your health	5	4	3	2	1	6
Actively participate (e.g., ask questions and make suggestions) with your health care provider when making decisions that affect your health	5	4	3	2	1	6
Seek information and recommendations about a health care provider before you see the provider	5	4	3	2	1	6

9. How satisfied are you with your current primary health care provider? Would you say that you are [READ LIST]?

Extremely satisfied 5
 Very satisfied 4
 Somewhat satisfied 3
 Not very satisfied, or 2
 Not at all satisfied 1
 DO NOT READ -- DK/REF 6

10. Thank you very much for your time and opinions. Your input will be extremely helpful to King County as it works to assess and improve the Health Reform Initiative.

11. Record gender (DO NOT ASK).

☐ Female
☐ Male